

HIGH VALUE MEDICAL CARE: WHY SOMETIMES LESS IS MORE



Tuesday evenings,
February 9 - March 15
7:00 to 8:30 pm
UCSF's Mission Bay Campus
Genentech Hall 106
600 16th Street (Byers Auditorium),
San Francisco, CA 94158

If some medical care is good, more must be better. Right? Unfortunately, this is often not the case. In fact, the opposite can be true—some measures of health are worse in areas where people receive more health services. This course developed by UCSF professors, who are renowned leaders in research and health policy and the leaders of the UCSF Center for Healthcare Value, will highlight situations in which the overuse of medical care may result in harm and in which less care is likely to result in better health.

COURSE CHAIRS:

Rita F. Redberg, MD, MSc – Professor of Medicine, Division of Cardiology, UCSF; Editor, JAMA Internal Medicine

Deborah Grady, MD – Professor of Medicine; Associate Dean of Clinical and Translational Research; Interim Director, Clinical and Translational Science Institute, UCSF; Editor, JAMA Internal Medicine

February 9

INTRODUCTION

Christopher Moriates, MD
Assistant Professor of Medicine,
Division of Hospital Medicine, UCSF

CATARACT SCREENING

R. Adams Dudley, MD
Professor of Medicine, Division of
Pulmonary, Critical Care, Allergy and Sleep
Medicine, UCSF

February 16

CARDIAC SCREENING

Rita F. Redberg, MD, MSc
Professor of Medicine, Division of
Cardiology, UCSF; Editor, JAMA Internal
Medicine

TESTS AND TREATMENTS: WHY MORE IS NOT ALWAYS BETTER FOR SENIORS

Kenneth Covinsky, MD
Professor of Medicine, Division of Geriatrics,
UCSF; Editor, JAMA Internal Medicine

February 23

RADIATION SAFETY

Rebecca Smith-Bindman, MD
Professor of Radiology, of Epidemiology and
Biostatistics, and of Obstetrics, Gynecology
and Reproductive Medicine, UCSF

March 1

ANTIBIOTICS

Ralph Gonzales, MD, MSPH
Associate Dean for Clinical Innovation;
Chief Innovation Officer, UCSF Health

ANNUAL EXAM

Deborah Grady, MD
Professor of Medicine; Associate Dean of
Clinical and Translational Research, UCSF

March 8

ALTERNATIVE MEDICINE AND VITAMIN SUPPLEMENTS

Jeffrey Tice, MD
Associate Professor of Medicine, UCSF

March 15

CANCER SCREENING

George Sawaya, MD
Professor of Obstetrics, of Gynecology and
Reproductive Sciences and of Epidemiology
& Biostatistics, UCSF

UCSF Center for
Healthcare Value

UCSF CARDIOLOGY

MENOPAUSE AND BEYOND: A PRIMER ON SEXUAL, PHYSICAL AND MENTAL HEALTH FOR WOMEN AND THOSE WHO LOVE THEM



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(No session on March 2)
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UCSF's Mission Bay Campus,
Genentech Hall
600 16th Street (Byers Auditorium) &
Mission Hall, Room 1400, 550 16th Street
San Francisco, CA 94158

COURSE CHAIR:

Jeannette Lager, MD – Assistant Professor, Department of Obstetrics,
Gynecology & Reproductive Science, UCSF Assistant Professor, Department
of Obstetrics, Gynecology & Reproductive Science, UCSF Assistant
Professor, Department of Obstetrics, Gynecology & Reproductive Science,
UCSF

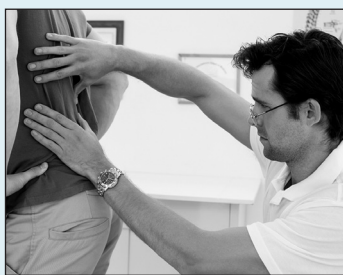
Presented by UCSF faculty from the Women's Health Center, Osher Center for Integrative Medicine and the Department of Urology and Internal Medicine (all of which are recognized internationally for their expertise in providing comprehensive care), this course will address both comprehensive and integrative approaches in women's health. Often it's hard to find time to explore these issues in an interactive forum – now is the time for you to make some time.

Women's health needs are unique and cover a wide spectrum over the course of a woman's life. This outstanding series on women's health will explore menopause and beyond: a primer on sexual health in women and men, physical health and mental health.

TOPICS

- SEXUAL HEALTH
- MENOPAUSE
- MILD COGNITIVE IMPAIRMENT
- INCONTINENCE
- NUTRITION AND WOMEN'S HEALTH: MAKING SENSE OF NEW GUIDELINES AND THE CACOPHONY OF EXPERT ADVICE
- PELVIC FLOOR: MORE TO COME!

PAIN: NEW INSIGHTS AND NEW (AND OLD) TREATMENTS



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San Francisco, CA 94158

Chronic pain affects about 100 million American adults—more than the total affected by heart disease, cancer, and diabetes combined! Despite its prevalence, massive financial burden and widespread association with disability, the effective management of pain remains a modern day challenge. This six-part series will help address the multifaceted aspects of pain management by embracing a historical perspective of analgesic discovery and presenting the scientific basis of pain therapies including: psychological, pharmacologic, neck and back, integrative medicine, and new technologic approaches.

COURSE CHAIR:

Mark Schumacher, PhD, MD – Professor and Chief, Division of Pain
Medicine, Department of Anesthesia and Perioperative Care, UCSF

February 11

BACK TO THE FUTURE OF PAIN MEDICINE

Mark Schumacher, PhD, MD
Professor and Chief, Division of Pain
Medicine, Department of Anesthesia and
Perioperative Care, UCSF

February 18

BEING "UNSYMPATHETIC": PSYCHOLOGY'S SECRET WEAPON FOR MANAGING PAIN

Jessica Pullins, PhD
Assistant Clinical Professor, Department of
Anesthesia and Perioperative Care; Clinical
Psychologist, Pain Management Center,
UCSF

February 25

TECHNOLOGY VERSUS PAIN: TARGETED DRUG DELIVERY AND ELECTRICAL STIMULATION

Lawrence Poree, MD, PhD
Professor, Department of Anesthesia
and Perioperative Care; Director,
Neuromodulation Service, UCSF

March 3

MY ACHING NECK - MY ACHING BACK

Mario DePinto, MD
Associate Professor, Department of
Anesthesia and Perioperative Care;
Director, Pain Management Center, UCSF

March 10

EAST MEETS WEST: ACUPUNCTURE AND BEYOND FOR ALL AGES

Sanjay Reddy, MD
Associate Clinical Professor of Medicine;
Director, Congestive Heart Failure, Bone
Marrow Transplant and Nighttime Hospitalist
Services, UCSF

March 17

THE PRESCRIPTION OPIOID EPIDEMIC: CRISIS AND OPPORTUNITY

Ramana Naidu, MD
Assistant Professor, Department of
Anesthesia and Perioperative Care; Director
of Acute Pain Services; Chair of the UCSF
Pain Committee, UCSF

REGISTRATION FORM

Name: (Dr • Mr • Ms • Mrs) _____

Street address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Month & day of birth: ____/____

Do you want to be on our priority email list? YES NO

Select course by checking box(es):

Tuesday evenings, February 9 - March 15
MLL16011 **HIGH VALUE MEDICAL CARE: WHY SOMETIMES LESS IS MORE**

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MLL16012 **MENOPAUSE AND BEYOND: A PRIMER ON SEXUAL,
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THOSE WHO LOVE THEM**

Thursday evenings, February 11 - March 17

MLL16013 **PAIN: NEW INSIGHTS AND NEW (AND OLD) TREATMENTS**

To register for a session, please list date/s you will be attending:

Session Date/s: _____

Please charge my Visa MasterCard American Express

No. _____ / _____ / _____

Exp. Date _____ Authorized Signature _____

COURSE FEES

ONE Course **\$75**

TWO Courses **\$130**

THREE Courses **\$185**

STUDENT **\$30** per series

(Valid Student ID required at check-in)

SESSION FEES

ONE Session **\$15**

STUDENT **\$5**

(Valid Student ID required at check-in)

Amount to be charged \$ _____

FOUR EASY WAYS TO REGISTER:

Online: Register at osherminimedicalschool.ucsf.edu
Online registration available for 6-week course only.
To register for individual weekly sessions, please
register by phone, fax or mail.

Phone: Call (415) 476-5808. Please have your
Visa, MasterCard or Amex ready.

Fax: Send completed form to (415) 502-1795.
Include your credit card number and
expiration date.

Mail: Send the registration form and your check
payable to "UC Regents" to:

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3333 California Street, Suite 450
Box 0742
San Francisco, CA 94143-0742

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Natasha Serikova
Registration and Financial Manager,
Office of Continuing Medical Education,
UCSF School of Medicine



www.osherminimedicalschool.ucsf.edu

WINTER 2016
COURSE CATALOG

UCSF Osher Center for Integrative Medicine

Mini Medical School for the Public



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